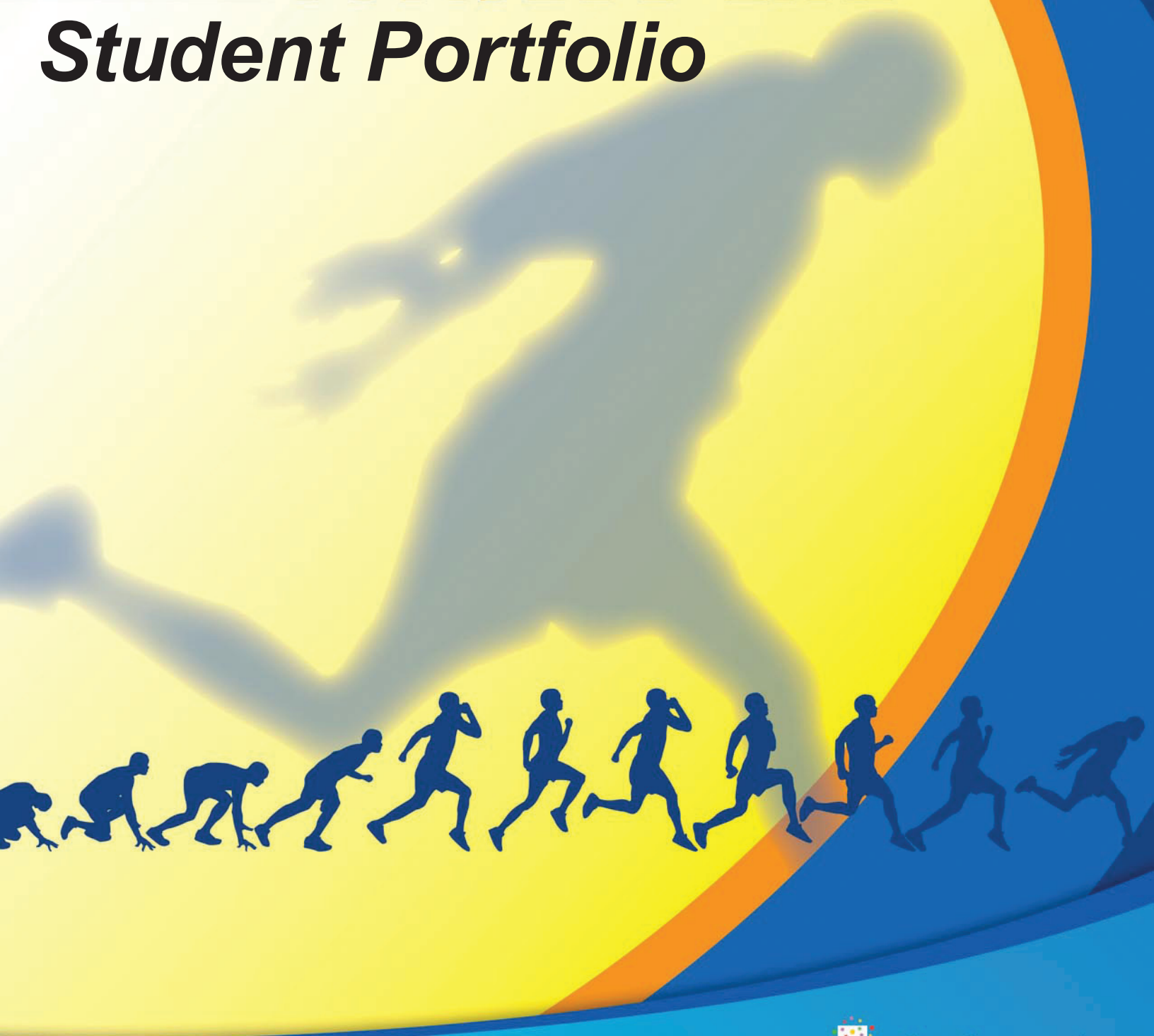




Student Portfolio





Name: _____

Date: _____

Portfolio Building & Program Overview

Welcome to the Fitness Lab! Fitness is the overall term that we'll be using to describe a journey to optimal health and well-being. Like all great journeys, you'll need a map to guide your way. This personal portfolio will be that map.

As you move along in your journey you'll learn about yourself, the world around you and the world that you want to build. We'll cover concepts such as goal setting, visualization and action planning. This will all blend together with regular physical activity and healthful nutrition habits to help you reach your goals.

Let's get started by asking a few questions that will set the tone of the program. For now, limit your answers to the space provided.

If you were able to reach an optimal fitness level, what would you look like and how would you feel?

Describe what you'd look like: _____

Describe how you'd feel: _____

If you were going to reach your optimal fitness level, what two things would you have to do – starting today?

1. _____

2. _____

What have you done in the past that could help you reach your optimal fitness level?



Date: _____

Early Assessment 1

Before we can know where we're going, we need to know where we are. You can't read a map successfully unless you know where you are located. However, keep in mind, you're not trying to "find" yourself. You're going to build yourself – and shape the world around you.

This journal can be confidential. Your instructor will not allow other students to view its contents without your permission.

How old are you? _____ When is your Birthday? _____

How tall are you? _____ How much do you weigh? _____

Check any or all of the general statements that might apply to you:

- ☐ I'd like to get stronger
- ☐ I'd like to weigh less
- ☐ I'd like to gain weight
- ☐ I'd like to have more muscle tone
- ☐ I'd like to be able to run farther
- ☐ I'd like to learn a new sport or activity
- ☐ I try to eat only healthful foods most of the time
- ☐ I'm active and/or exercise regularly

Choose ONE Fitness Test to complete today:

Curl-Ups (# complete in one minute): _____

Partial Curl-Ups (total #): _____

Pull-Ups (total #): _____

Rt. Angle Push-Ups (total #): _____

Flexed-Arm Hang (seconds): _____



Date: _____

Early Assessment 2

Think back to the last Fitness Lab session. Check any or all of the general statements that were true about your last workout:

- ☐ It was fun
- ☐ I was very tired afterward
- ☐ I had tons of energy afterward
- ☐ It made me look forward to today's session
- ☐ It gave me ideas to be active at home
- ☐ I talked with my family and/or friends about being active
- ☐ My muscles were sore the next day

Choose ONE Fitness Test to complete today:

V-Sit Reach (inches): _____

Sit and Reach (centimeters): _____

Shuttle Run (seconds): _____

How do you feel about working to improve your Fitness Test Scores? _____



Date: _____

Portfolio Update: Taking It Home!

You have already learned some important things about fitness, health, and wellness. Make a strong effort to share this new information with those that you care about – your friends and family. By taking it home you'll be building a support system for your goals and helping others learn the importance of staying healthy and active.

Answer the following questions in the space provided:

Whom would you like to share Fitness Lab information with? _____

What are things in your life that you are grateful for? _____

Why are these things important to you? _____

What have you done in the past few days to help keep your energy balanced?
(Remember *Energy In = Energy Out*)

List 2 other things that you can do to help keep your energy balanced.

1. _____

2. _____



Date: _____

Portfolio Update: The Right Answers

In order to get the right answers you have to ask the right questions!

Too often we focus on asking negative questions that we can't help but get negative answers to. Why we can't do something. Or, why bad things have happened.

Starting right now, you're going to start asking questions in a positive way!

Answer the following questions in the space provided:

Now that you have been more active and eating healthier foods, what is one important way that you can continue to make progress?

Getting enough sleep is very important. What are 2 easy things that you can do to get more sleep at night?

1. _____
2. _____

You make the choices for you! What are 2 good decisions that you've made in the past week?

1. _____
2. _____

Ask yourself an important question about your Fitness (Physical, Mental or Emotional). Make sure you make it a positive question - like the ones listed above.



Date: _____

Portfolio Update: Me in My Environment

Recreating our fitness means recreating our environment. But, you're going to have to visualize and let your mind see what you want your world to be before it can really happen.

These questions will help you visualize the healthy and active world that you are going to create.

Answer the following questions in the space provided:

For 30 seconds, close your eyes and picture all of the different fruits and vegetables that you like to eat. Think about their color and shape and imagine them in your kitchen.

Great! What are all of the different foods that you saw? Make a list on the lines below.

For 30 seconds, close your eyes and picture yourself having fun and being active with your friends. Think about what you're doing and where you are.

Super! What did you see? Write a short description below.

Drinking plenty of water is very important. For 30 seconds, close your eyes and picture yourself after a great activity session. You're thirsty and drinking cold and clear water.

Fantastic! What 3 words describe the water you drank?

Everyone should have an attitude of gratitude! For 30 seconds, close your eyes and picture yourself saying thank you to someone you care about.

Great! The next time you see that person be sure to say what you just saw!



Date: _____

Portfolio Update: Ready – Action!

Okay. We've looked at the map long enough. It's almost time to put the rubber to the road. Right now it's time to write down our goals.

You're going to create some goals for today, this week and this month. After one month it will be time to look at the map again. Remember, on all journeys there's bound to be a detour. If something happens and a goal is delayed – keep on going! It's only a detour – not a dead end!

Let's get started.

Answer the following questions in the space provided:

TODAY

What goal will you have met by the end of today? _____

How will you know that you have met that goal? _____

THIS WEEK

What goal will you have met by the end of this week? _____

How will you know that you have met that goal? _____

THIS MONTH

What goal will you have met by the end of this month? _____

How will you know that you have met that goal? _____

If there was one thing that would help you reach all of these goals, what would it be?



Date: _____

Portfolio Update: The Progress Path!

If you flip through your Fitness Lab Portfolio you'll find that you've covered a lot of ground. You're on a progress path that will lead you to what you want to become. The things that you're learning are true today and will be true tomorrow.

Did you know that according to Einstein's equation for energy ($E=MC^2$), your body contains enough energy to power the world's largest cities for over one week? That's a lot of power.

Use that power to keep your progress moving forward. Fuel your body with good food and exercise; your mind with new and challenging information; and, your spirit with positive thoughts and an attitude of gratitude!

Answer the following questions in the space provided:

What are 3 ways that you can help others with the information you're learning?

1. _____
2. _____
3. _____

What is the most important habit you've been able to create in your life? _____

What is the most important thing that will be needed to make that habit last a lifetime? ____

Create a vision in your mind that will motivate you when you feel tired or experience a detour. Write that vision in the space below.



Date: _____

Post Assessment 1

Now that you've completed the initial phase of the Fitness Lab, you're ready to take a look at the progress you've made. Let's re-record some of the information we collected before.

How old are you? _____

How tall are you? _____ How much do you weigh? _____

Check any or all of the general statements that might apply to you:

- ☐ I have gotten stronger since this program started
- ☐ I have more energy
- ☐ I feel better about my body weight
- ☐ I can see an improvement in muscle tone
- ☐ I can do more activity now before I get too tired to continue
- ☐ I have learned about getting fit
- ☐ I try to eat only healthy foods most of the time
- ☐ I'm active and/or exercise regularly

Complete two fitness challenges today:

1a. Curl-Ups (# complete in one minute): _____

or

1b. Partial Curl-Ups (total #): _____

and

2a. V-Sit (inches): _____

or

2b. Sit and Reach (centimeters): _____



Date: _____

Post Assessment 2

Now that you've completed the initial session of the Fitness Lab, you're ready to take a look at the progress you've made. Let's re-record some of the information we collected before.

Check any or all of the statements that describe how you feel about personal fitness:

- ☐ It can be fun to stay fit
- ☐ It's rewarding to stay fit
- ☐ It's important for everyone to be fit
- ☐ I like reaching goals and overcoming challenges
- ☐ There are several healthful foods that I like to eat
- ☐ I talk with my family and/or friends about being active and fit

Complete two fitness challenges today:

3a. Pull-Ups (total #): _____

or

3b. Rt. Angle Push-Ups (total #): _____

or

3c. Flexed-Arm Hang (sec): _____

and

4. Shuttle Run (seconds): _____



Date: _____

Post Assessment 3

This is it! You've come a long way toward establishing healthful habits that will stay with you for a lifetime!

Remember, today is not your final destination along your fitness path – it's only a pit stop. Use the information you're gathering during these fitness challenges to do three things:

1. CELEBRATE - You've earned it! Treat yourself to a fresh fruit smoothie!
2. Update your goals. You're ready for the next challenge!
3. Motivate others. No matter what your scores are, there is always room for improvement. Strive to reach that improved level and set an active example for your friends and family.

Complete one fitness challenge today:

5a. One-Mile Run (minutes: seconds): _____

or

5b. $\frac{1}{4}$ Mile Run (minutes: seconds): _____

or

5c. $\frac{1}{2}$ Mile Run (minutes: seconds): _____